

**IN THE SPECIFICATION**

Please delete the paragraph at page 7, lines 3-12 of the specification-as-filed (which starts with the phrase “A training exchange” and ends with the phrase “some other period”) and replace it with the following replacement paragraph:

A training exchange may also be performed as part of an SDMA exchange to achieve updated information about, for example, the user devices within the selected orthogonal set (e.g., to obtain information about the corresponding SDMA channels, etc.). Training may not be necessary every time that data is to be transmitted to user devices by a wireless AP. That is, in many cases, the relevant information will change slowly in the network so that updates can be made less frequently. However, some form of training will typically have to be done at least every so often so that the information used to, for example, generate the beams, select appropriate beams, communicate with the user devices, etc. is up to date. The training may be done as part of the SDMA exchange or during some other period. In at least one embodiment, a method (e.g., the method 30 of Fig. 2) is implemented as a series of instructions, stored on a storage medium, that can be executed by a computing platform.